

Feeling overwhelmed by the holidays? Find out how MCCS One Source can help.

www.mccsonesource.com



Between juggling deployment, TAD, as well as PCS moves, the coming holidays can seem like a season of overload instead of the peaceful and relaxing time you had in mind. Family visits can bring additional stress. MCCS One Source can help you deal with your concerns, put things in perspective and get a better handle on making the holidays a happy time for you and your family. Visit www.mccsonesource.com to read or download articles that can help you handle a wide range of holiday-related issues, including

- *Time Squeeze Tips*
- *How to Keep From Overindulging During the Holidays*
- *Managing Holiday Stress*
- *Friends, Relationships, and Building a Community*

You can also visit MCCS One Source Online to take online assessments like “Do You Have a Drinking Problem?” or “Are Life Changes Causing You Stress?”—just go to the homepage at www.mccsonesource.com and look on the right-hand side of the screen for a range of easy self-assessments.

To speak with an MCCS One Source consultant, please call:

From the United States: 800-869-0278

From outside the United States (where available): 800-869-02788

▪ **Or call collect: 484-530-5889**

***A real person will answer every time you call!**

or visit www.mccsonesource.com

userid: marines

password: semper fi

MCCS One Source is available at no cost to you. And best of all, it's here for you—any time of day, wherever you are. So get in touch with us today. We have consultants who speak Spanish and offer simultaneous translation into more than 140 other languages. TTY/TDD also available.

